





# MEDICAL STRICTURES;

BEING

1713  
A CONCISE AND EFFECTUAL METHOD OF  
TREATING THE FOLLOWING

## DISEASES:

COLDS	NERVOUS AFFECTIONS	GONORRHEA
AGUE	CONSUMPTION	GLEET
SMALL POX	ASTHMA	LUES VENEREA
MEASLES	DROPSY	SCURVY
HOOPING COUGH	GRAVEL	SCROPHULA
WORMS	STONE	CANCER
PILES	RHEUMATISM	AND
UTERINE AND	GOUT	WHITE SWELLING.

IN WHICH

*The Means of Prevention, Palliation, and Cure, are distinctly  
pointed out, and the whole adapted to general  
Comprehension.*

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BY RICHARD CLARKE, M.D.

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Each packet of medicines has on its label, the number, disease, and price, duty included; together with the Agent's name Richard Whiteaves, signed with his own hand, and every inclosed direction, is signed by the Doctor himself.

Any of the medicines may be had at the Warehouse, No. 30, opposite St. Dunstan's Church, Fleet Street, by simply asking for its number.

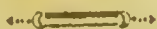
The prices affixed, are such as to leave (after all expences) the most moderate profit, with a view that the medicines may, as far as possible, be within the purchase of every one, and by that means become extensively useful, and orders of one pound or upwards, will be allowed the stamps:

The Doctor is to be consulted at No. 5, Hind Court, Gough Square, Fleet Street, at the following stated times:

Mondays	}	From 10 to 12 o'clock, Morning.
Wednesdays		
and Fridays		
Tuesdays	}	From 7 to 9—Evening.
and Wednesdays		



## PREFACE.



*MEDICINE, in the present day, is indiscriminately administered by two very distinct classes of men ; the one denominated the regular practitioner ; the other, the quack. The former possesses the whole range of the materia medica, and pharmacopœia, for his practice ; but from the great variety in constitutions, from the various appearances which the same disease often puts on, and from the general fickleness and remonstrances of the diseased, is it not within probability, that if he does not possess a peculiar firm mind, he may be so worked on, as to change his medicine, when he should adhere to it, and by that means bewilder his practice in the profusion of choice. As for the latter, he in general contents himself with a single nostrum, boldly asserting, it will infallibly cure every mental and corporeal derangement to which human nature is liable. Ridiculous and absurd as this assertion is, it makes its way with the public ; for so little in*

*general*

*general is the true science of medicine understood, and so much does the mysterious labyrinth of the one expose it to the bold intrusions of the other, that the latter stands a more certain chance of stepping into his chariot, than the former.*

*Necessity at times, during a very long service in the Royal Navy, has cleared my doubts respecting the real powers and properties of many medicines, and enabled me to fix my judgment in regard to their action. Had I been possessed of the admitted privilege of ranging, I have experienced many instances, where the obstinacy of a disease would have prompted me to change, and I must then have been at a loss to know, to which of my prescriptions the cure was to be adjudged: these are facts, and speak so clearly for themselves, that every unprejudiced mind must feel their force.*

*Infallibility is not the lot of mortals, or of things. Even our grand and truly valuable specifics, the bark in agues, and mercury in the Lues Venerea, will sometimes fail us; yet I believe no regular or rational practitioner would, in the*  
*first*



*first instance, give the preference to any other medicines in the cure of these disorders. My aim is, to improve on regular practice, to concentrate, and collect, as far as in my power, its essence; and I have every reason to flatter myself, that those who have recourse to my medicines, and follow my advice, will have the satisfaction to allow, my endeavors have not been altogether exerted in vain; and also, that where personal medical advice cannot be afforded, or obtained, the medicines recommended, will be acknowledged no mean substitute.*

Gough Square,

Jan. 1799.

## ERRATA.

*Page. Line.*

10 12 for wey read whey.

22 10 for one read two.

28 read page 29.

30 9 read, with the incurables.

31 20 for pallid read palled.

ult. for abraided read abraded.

51—Appendix, 17 and 18 for brown read broom.

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## INTRODUCTION.

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A DESIRE to meliorate the pain and sufferings occasioned by the various diseases incident to our natures, may naturally be supposed to have excited the attention of even our first Parents, to seek among the vegetable kingdom for relief. Is it not then paradoxical, that the science of medicine, remote in its origin, laudable in its pursuit, and indisputable in its utility, should yet remain clouded by mystery, and far, very far distant from perfection: Such, however, it is, and such it will continue, while that mystery has those powerful adherents, prejudice and interest, for its support. In mechanics, &c. rational suggestions are attended to, and meet a fair trial, let them come from what quarter they may; not so in medicine, notwithstanding we owe great part of our knowledge of the properties of simples, to savages and rustics, and of our  
B chemical

chemical preparations, to accident ; yet, should a remedy be recommended to the world by any person not of the profession, the faculty are alarmed, it is, without trial, or even inspection, immediately dubbed a quackery, and *nem. con.* proscribed for ever ; in fact, this ridiculous monopoly of medical skill, is carried to so great length, that the faculty themselves, as well as the public, become the victims of its folly ; a professional man not daring avowedly to step out of the plodding line, of what is called regular practice, lest, by incurring the oblique censure of his brethren, he should suffer both in reputation and interest. Thus the practical knowledge of the best informed men die with them, and we have only their chimeras and their theories left for our guides.

The numerous horde of nostrums daily intruded on the world, must certainly be allowed a very serious evil, and it is much to be feared many good constitutions have been martyrs to the baneful effects of several of them ; yet, on the other hand, it is reasonable to suppose, that some few of them, fairly tried, would prove a desiderata in medical practice. I have used, with infinite satisfaction to myself, and benefit to my patients, Dr. James's Fever Powder, on  
board



board his Majesty's ships, when it was supplied the navy, and from repeated trials, and the most attentive observation, have ever thought it, as far as can be judged of the power of medicine in fever, the best, and most to be depended on, Antimonial extant. The Antimonial Powder, introduced into the London Pharmacopœia, as supposed to be James's, is a valuable medicine; but we cannot say it is the exact preparation, or be certain it is equally efficacious. Health, and frequently life, being the objects at stake, I would most assuredly, when I had the means of choice, from its numerous approved tests, give the preference to James's. Many practitioners, indeed, invariably reject the trial of every medicine, the component parts of which they are unacquainted with: this absurd and illiberal prejudice, is a powerful opponent to practical improvement. We might, with as much justice, reject the whole mineral and vegetable kingdoms, because we are incapable of solving the means by which they inherit such various powers and properties. It is, however, greatly to be wished, that some effectual means were taken to prevent the circulation and use of injurious medicines, and to make (the inventors having first had their reward) public to the world, the real composition



of those, which are likely to prove of general benefit to mankind.

Too much praise cannot be bestowed on those medical men, whose studies and attentions have been directed to the obtaining a knowledge of the means of preventing disease, and who, as authors, voluntarily lay before the public the result of their labors and experience. The celebrated author\* of Domestic Medicine has been particularly happy on this head. And it is beyond a doubt, were we to pay proper attention to our constitutions in regulating our diet, air, exercise, labors, pleasures, &c. the physician and his prescriptions would be less needed; but human nature is improvident to distant evils, and a variety of unavoidable causes will occur to derange the animal system. This being the case, medicine, Nature's handmaid, must of necessity be called in; the skilful physician will use it as such, and seize every opportunity his experience furnishes him with, to reduce the prescribing art to that narrow compass and simplicity, of which it is so eminently capable, and without which it can never attain to any thing like perfection.

\* Dr. Buchan

Most

Most medical writers point out too great a variety of remedies for a disease: This bewilders the patient, makes him indeterminate and fickle, and ever in doubt whether the means he is pursuing is the most eligible. Their prescriptions also very often favor too much of the old school—a variety of ingredients, some of opposite properties are jumbled together, as if to file off occasionally from the stomach, and attack the enemy at all points. It was natural enough in the early periods of medical science, when practitioners, through ignorance, mistook the effects for the cause of disease, that this error should have established itself, and even gained ground; but that so much of it should remain at this day, is a lamentable proof how very slow has been the progress of the medical art towards perfection, and how much is yet to be done to render the science what, under Providence, it is capable of becoming.—An universal blessing to mankind.

The evils resulting from prescriptions being made up by idle boys, or by persons no ways interested in the effects the medicine is designed to produce, are of more serious, and permanently ill consequences, than may at first be imagined, exclusive of the immediate injury done to the patient by ignorance or inattention, the physician

fician himself is baffled in his efforts of determining, by his own experience, the powers and effects of what he prescribes, and that practical knowledge (the best and only to be depended on) which would benefit his future patients becomes arrested in its progress. Indeed, where no mistake is made in the compounding, the use of a bell-metal mortar, which is but too common, may so totally change the properties of some medicines, as to render that poisonous and destructive, which was judiciously prescribed to effect a cure.

An endeavor, therefore, to simplify the prescribing art, and to guard against the virtues of a medicine being perverted by improper combination, or inattentive preparation, must, more or less, prove of general benefit, and of course may presume on some claim to public favor.

The preparations recommended, have these objects in view:—The several ingredients composing every medicine are genuine, the combinations simple, safe, and efficacious, and the whole are scrupulously examined, and carefully compounded, under the Doctor's immediate inspection: Every medicine has also undergone the repeated tests of his own experience, during  
a practice



a practice of many years, subject to the advantages and disadvantages of all climates and seasons in every quarter of the globe; consequently his opportunities of observing the progress of disease, and effects of medicine, have been peculiarly extensive, and such as to furnish him with the most ample practical knowledge.

In treating of the various diseases, to the cure of which his medicines are directed, he has begun with colds and obstructed perspiration, the forerunners and foundation of disease in general, and proceeded systematically to the chronic; and as a very great portion of his attention, during a long service in his Majesty's navy, has been directed to the prevention of disease, he has cursorily thrown in some useful hints, selected from his own observations, an attention to which will conduce to the preservation of the constitutions, if not to the lives of many.

The medicines are numbered from one upwards: this method appearing the most simple, and at the same time the best calculated to prevent a mistake in orders, and the directions given with every medicine, for the proportioning the doses according to the age, constitution, and different degrees of malady, are so clear and explicit

explicit, that any one may, with the most perfect ease and safety, administer relief to themselves or others.

Effectually to prevent his intentions being defeated, or the public imposed on, the Doctor has appointed Mr. Richard Whiteaves, Watchmaker, No. 30, opposite St. Dunstan's Church, Fleet-street, his sole agent for vending the whole of his medicines, wholesale and retail; and all orders for the same addressed to him, will be punctually attended to, and executed; also letters for the Doctor (post paid) will be received, and immediately forwarded.

COLDS.



## C O L D S,

COLDS are the effect of obstructed perspiration, and are, properly speaking, beginning fevers; neglected, they produce indigestion, coughs, fevers, rheumatisms, inflammations of the brain, stomach, intestines, &c. whence the old adage—Colds kill more than plagues.

From the various and sudden changes peculiar to our climate, it is impossible at times to avoid taking cold, yet its further progress and ill consequences may, in most instances, be prevented by immediate caution. I would therefore advise (although I am no friend to dram drinking) those who are attacked from whatever cause, with a sudden chill and shivering, the certain signs of obstructed perspiration, to take instantly such quantity of good brandy, or other spirits, as gives them immediate and effectual relief: the quantity necessary will depend on the degree of attack, and must be regulated also by the age, constitution, and habits of life, of the person, therefore cannot be defined here; but I should suppose it need rarely exceed a wine glass, and to many a table spoonful will be sufficient: This

C

will

will give action to the stomach, accelerate the motion of the blood, and, by producing a generous and diffusive glow, will effectually restore the vital functions, without the risk of catching fresh cold from an immediate exposure to the air, a circumstance well deserving attention, as mixing spirits with hot water, which is frequently resorted to, relaxes the stomach, opens the pores, and produces perspiration, consequently exposure must be attended with the most serious consequences. When the above recommended caution is neglected, wine-vey, treacle-poffet, or other gentle sudorific, taken on going to bed, bathing the feet at the same time in water, will in general conquer a recent cold.

The signs of a cold having acquired the degree of strength as to make recourse to medicine absolutely necessary, are general lassitude and oppression, shivering, succeeded by heat, pains of the head and back, irregular pulse, nausea, bad taste, white and dry tongue, thirst, &c. When all, or any other of these symptoms appear, the vomit and opening sudorific powder, contained in No. 1, timely taken, will, in less than twenty-four hours, remove every alarming symptom. If a flannel shirt is worn for that night, it will encourage and absorb the perspiration, and render

der the cure more certain; and here I would wish to recommend the use of flannel next the skin, well aired and frequently shifted, in all disorders proceeding from obstructed perspiration, and also in all complaints where insensible perspiration is aimed at to effect the cure. The disagreeableness of it to the skin, on its first use, even with children, or the most delicate female, soon wears off, and is but a trivial inconvenience compared with its certain and lasting benefits. The only evil that can possibly result from it (which is indeed a serious one), is the wearing it too long without shifting, by which inattention the perspired matter is resorbed, and the disorder, be what it may, becomes more complicated, and of course more obstinate and dangerous.

## A G U E.

AGUES are generally divided into quotidian or daily, tertian or third day, and quartidian or fourth day; this last is the most obstinate; the two former are, in most instances, cured by taking one drachm of the Peruvian Bark in powder, every three hours during the intermission. The best means to improve the bark, and make it agreeable to the stomach, is to mix it in a glass of dried Seville orange peel infusion, made by pouring a pint of boiling water on one ounce of the peel, and letting it stand in a covered earthen vessel till cold. Prior to administering the bark, it is absolutely necessary a vomit should be taken, and that two or three stools should be procured by some gentle laxative : half a drachm of ipecacuanha powder to an adult, will answer for the former; and the same quantity of rhubarb in powder, warmed with ginger, will effect the latter. The most proper time of taking the vomit is, immediately on the commencement of the cold fit; and the laxative in two hours after the operation of the emetic has ceased.

In

In obstinate agues, where the Bark and other means have been tried for months without success, the Medicines contained in No. 2, have effected a perfect cure in four days.



## S M A L L - P O X.

THE present rational and successful mode of treating the natural small-pox, and the introduction of inoculation, which has preserved many thousands of lives, and added much of beauty to the rising generation, must call forth our warmest gratitude to those professional men, who, daring to step out of the common road, resolutely combated ancient prejudices, and, by steady perseverance, completely conquered deep rooted errors. Let us hope their success may stimulate others to similar pursuits, and we may reasonably expect that many diseases which are at present the bane of our comfort and opprobrium of medicine, will be so far mitigated by art and rational treatment, as to render existence not only desirable, but pleasant to many who are now the victims of torture and despair.

Those parents act wrong, who, through ungrounded fears, delay from time to time inoculating their children; it ought ever to be done on the first appearance of established good health, no matter how young: This opportunity neglected, a child is in constant danger of catching  
the

the disease, which if it should, and prove fatal, the parents cannot wholly feel themselves free from blame. It is a pity custom did not make it the indispensable duty of the midwife, male or female, that attends the mother, likewise to inoculate the child, when time and circumstances rendered it in his or her opinion proper, and that this custom was also made general in hospitals and public institutions for the delivery of women; it would effectually ensure a much wished for object—its universality.

To those who chuse to inoculate their children themselves, the following mode is safe, easy, and effectual :

Take a bit of sewing thread, half an inch long, draw it through a ripe pock (before the turn) of an infected person, so as to wet it well with the matter; apply it immediately lengthwise on that part of the arm where issues are generally made; secure it with sticking plaister, and let it continue on eight or ten days, before the expiration of which, the eruptions will begin to shew themselves. Some chuse for greater certainty, but it is unnecessary, to make a slight scratch, of the eighth of an inch long, with a needle, just through the scarf or outer skin, not

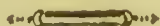
to draw blood, and then apply the thread and plaister over it.

The general food of children being pap, rice, and such like, is well adapted to every stage of this disease. Butter, cheese, eggs, animal food, and spices, are ever to be avoided. Toast and water, or cream of tartar infusion, will be found the most agreeable and most salutary common beverage. The body must be kept moderately open with fenna tea, or other mild laxative, and the utmost attention should be paid to the patients having the free use of fresh air: These things attended to, there cannot be a doubt of a healthy child doing well.

In the natural small-pox, when it is of a bad kind, and sometimes with gross habits in inoculation, medicine is required both before and during the eruptions, to correct the habit and check the virulence of the disease. No. 3, contains the medicine to answer these important purposes, which is particularly recommended to those persons residing in the country, and who are in the laudable habit of administering relief to the indigent sick, as it may one time or other afford them the comfortable reflection of having saved the life of a fellow-creature.

MEASLES.

## M E A S L E S.



THE measles may be distinguished from the small-pox, or other eruptive fevers, by a defluxion of sharp rheum from the eyes, with inflammation, and also by a running at the nose: the eruptions particularly attack the neck and breast, and resemble flea bites. It is much to be wished, that inoculating for this disorder could be brought to the same degree of perfection and simplicity as for the small-pox—time it is to be hoped will effect this so desirable an end.

The cooling regimen, and admission of free air, is salutary in this disease, as well as in the small-pox; but greater caution is necessary, much mischief ensuing from too sudden a check of the perspiration, or on the contrary from too hot a regimen, the medium must be observed. After bleeding (if necessary) and gently cleansing the stomach and bowels, the attention should be directed to preserve an uniform degree of moisture on the skin, to relieve the cough and assist expectoration, to prevent costiveness, promote the

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dis-

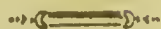


discharge by urine, and procure sleep. When the measles are turned, it will be necessary to begin with gentle purges, and repeat them five or six times, allowing two, and sometimes three days between each.

In remote parts of the country, where medical assistance cannot be obtained, the having in readiness the medicines No. 4, is absolutely necessary, as by the use of them, many alarming circumstances may be obviated.

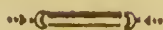


## HOOPING COUGH.



THIS disorder is contagious, and sometimes proves fatal; if it can be avoided in youth, it seldom attacks adults, therefore whenever it makes its appearance in a neighbourhood, those who have it in their power, should remove their children to a distant and airy spot. Those attacked with this disorder, will experience every possible mitigation of its alarming symptoms during its continuance, and the cure greatly accelerated by taking, agreeable to the directions, the medicines contained in No. 5.

## W O R M S.



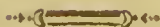
THERE are various sorts of worms found in the human body, but they may all be classed under the three general heads of the long tape worm, or tania, the long round worm, like the common earth worm, named teres, and the small white worms with pointed heads, called ascarides ; the existence of the tania may be known by a sensation in the bowels, like a ball rolling ; of the teres, by sudden gripings about the navel ; and of the ascarides, by an itching of the fundament, with a tenesmus, or frequent inclination to go to stool.

Medicines in general use for the destruction of worms, will in some measure afford relief in all worm cases. Strong mercurial purges taken every fourth morning for a fortnight, and the powder of tin mixed with honey, taken to the quantity of two drachms divided in three doses, every intermediate day for the same time, will, in tolerable constitutions, prove for the most part successful.

When

When we are acquainted with the particular kind infesting, which we may readily be by attending to the symptoms, it will naturally occur to us, that our medicines and means of cure must be directed by the existing circumstances. No. 6 is therefore recommended to be taken by those afflicted with either the *teres* or *tænia*, and No. 7, by those who have the *ascarides*.

## P I L E S.



THE piles are unfortunately too well known to need a particular description: they are distinguished into bleeding and blind; the former should never be checked, unless they produce sensible debility, and even then it must be done with the utmost caution. The taking daily a sufficient quantity of sulphur, mixed in treacle, so as to keep the body moderately open, and the sitting repeatedly over the steams of tar water, made by stirring one pound of tar in a gallon of boiling water, covering the parts after with flannel, will in general give relief in any stage of this disorder; but should these means fail, the medicines and ointment contained in No. 8, are recommended, being more powerful and efficacious.

MENSES.



## M E N S E S.



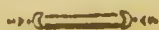
MOTHERS and governesses should reckon among their most important duties, that of instructing those females under their care, the proper management of themselves on the first appearance of this natural and salutary discharge, and ought seriously to apprise them of the evils they are liable to from inattention at this critical period ; for want of these necessary precautions, many a female is rendered either barren, or a valetudinarian through life ; ignorant in what manner to treat herself, and prevented by delicacy from asking advice, it is ten to one but she adopts some means of checking, instead of promoting this necessary purpose of nature. If the female is of a good constitution, and enjoys the free use of air and exercise, nothing more than common care to prevent her taking cold, can be required ; but if on the contrary she is, as females too generally are, leading a confined and sedentary life, the humours must inevitably become sluggish and vitiated, and Nature's efforts more or less impeded. In that case, it will be necessary to assist Nature for two or three successive

cessive nights, by putting the feet into warm water, and even sitting over the steam, using at the same time tight ligatures on the thighs, and taking, when in bed, a pint of warm pennyroyal tea: these means timely applied, can never fail producing the desired effect.

It may afterwards happen, that the periodical or monthly return of this necessary discharge becomes obstinately obstructed, either through neglect, or it may proceed from various unknown causes, when, if we can ascertain the cause, our attention should be directed to the removal of it, as the effect will of course then cease. However, let the cause of the obstruction be what it may (pregnancy excepted), an immediate recourse should be had to such medicines as will kindly and effectually remove it; in doing which, it will be requisite to pay particular regard to the temperament or habit of body; for those medicines which would with safety and certainty answer this purpose in plethoric, or full blooded and gross habits, must consequently prove prejudicial to thin, cachectic, and relaxed ones. The greatest caution in these points is, therefore, recommended to females in general, as on it depends, in a great measure, their future health and comfort; and they are particularly requested  
to

to observe, that the medicines contained in the packet No. 9, possess the property of removing menstrual obstructions in plethoric, or full blooded and gross habits, and those contained in No. 10, of answering the same purpose in thin, chachectic, and relaxed ones.

## IMMODERATE FLUX OF THE MEN- SES, OR FLOODINGS.



THIS disorder may be occasioned by abortions, diseased state of the womb, weak relaxed habits, and, sometimes, also by plethora, or too great quantity of blood; in the latter case, bleeding, with cooling nitrous drinks, and abstinence, will generally effect a cure. Great caution, however, is at all times to be used in checking this discharge. The conserve of red roses, acidulated with diluted vitriolic acid, and taken to the quantity of two ounces in the twenty-four hours, adding twenty drops of tincture of opium to the night dose, may be tried with safety, and in many instances with effect. When more powerful means are required, the patient must have recourse to the remedy No. 11.



## FLUOR ALBUS, OR WHITES.



No disease can be more disagreeable in itself, more weakening to the constitution, or more difficult of cure, when suffered to continue any length of time, than this. It therefore behoves every female thus afflicted, to seek a remedy on its first appearance. The medicine contained in No. 12, taken agreeable to the directions accompanying it, will, it is presumed, prove such.

## NERVOUS DISEASES.

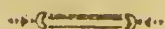


No complaints are more general, more complicated, or more obstinate, than affections of the nerves. Every bodily infirmity, every excess in eating, drinking, sleep, exercise, labor, pleasure, and venery, produce and continue this malady; also indolence, sedentary occupations, long fastings, excessive grief, violent passions, intense study and thinking, or whatever so absorbs the the ideas as to prevent the mind from indulging itself in that pleasing and recreative variety, which reason approves and nature dictates, are the certain and never-failing means of producing, and likewise entailing on us, this dire calamity.

It is therefore incumbent on those afflicted with nervous disorders, strictly to examine themselves, by which of the above means they have acquired their malady, and their own reason will naturally dictate the necessary deviations to be made from their former mode of acting and living.

It may be admitted as a maxim, that pleasurable exercise, such as riding on horse-back, dancing, &c. dry air, cheerful company, with a diet generous in proportion to the exercise used, and to the digestive powers, will never fail materially to relieve nervous, hysteric, or hypochondriac affections: These circumstances attended to, medicine will come in with every prospect of success, and the afflicted may with confidence expect both body and mind to resume their pristine health and vigor, by adding to their own endeavors, the powerful effects of the medicines contained in No. 13.

## CONSUMPTIONS.



THE great increase of this fatal disorder in England, calls for the utmost exertions of the faculty to search out a cure. As yet the medicines in general use for this complaint, have gone little farther than amusing the patient, and scarcely deserve the consolatory name of palliatives; but it is no argument, because this disease has hitherto foiled our exertions, that we are to give up the pursuit, or rank it with incurables; let it rather prove a stimulus to our studies; and as every evil to which human nature is subject, appears to have its corrective, let us make use of the faculties nature has endowed us with, and endeavor to find out the one appropriate to this.

It is a flattering disease, and every change of treatment will for a time make the afflicted think themselves better; but it is necessary to discriminate whether this amendment is partial, and proceeds merely from the sanguine hopes of the patient, or whether it is effectual, and proceeds from the means and medicines used, really bettering the constitution, and by producing new blood  
and



and juices, laying a stamina for the future possession and enjoyment of health and vigor.

In every disease, Nature, if she is not counteracted, will exert herself in expelling whatever is obnoxious to her: It becomes the duty of the physician to encourage, direct, and assist her.

If, by too frequent bleedings, we take away the *vis vitæ*, or principle of life, it is nature, and not the disease, we are conquering. The general relaxation occasioned, may cause such a pleasing lassitude, and so blunt the sensibility of the nerves, that the afflicted may deceive themselves with the flattering hopes of amendment, when in fact they can be only said to stop at a landing-place, taking a short rest in order again to pursue their journey to the grave.

If the stomach is loaded, as is too frequently the case, with syrups, oils, and balsams, Nature's efforts are counteracted; for the appetite will be pallid, the solids relaxed, and the blood heated.

If acids are too freely used, although the afflicted may experience a partial relief from the expectoration they occasion, yet the mucus that sheaths the stomach will be abraded, the digestion

gestion impaired, and every effort of nature rendered abortive.

The afflicted should constantly wear flannel next the skin, observing that it well covers the breast: It should be shifted every morning, as otherwise much mischief will ensue from the perspiration being resorbed.

Milk, where it agrees, should be freely used. Oysters, sweetbreads\*, hearts of beasts, and game in general, may be alternately eat with advantage. Sallads are excellent, but the proportion of vinegar should be very small. Heating spices should be avoided, as should butter, and every viscid or rancid substance.

To prevent this disease, which for the most part attacks between the age of fifteen and thirty, it will be necessary to avoid wet feet, damp beds, intemperance, or whatever tends to obstruct perspiration, or produce indigestion. Many a consumption originates from an exposure to cold, on leaving play-houses, assemblies, or other crouded places. Was the precaution a-

\* Brains is a good substitute for those who cannot afford sweetbread.

dopted of putting on a clean flannel vest next the skin before we entered these hot-baths, it would effectually prevent taking cold, and may with safety be thrown off on our return to a warm home.

The medicines contained in the packet No. 14, is strongly recommended to the consumptive, being mild, safe, and efficacious, and which will be found on trial, gradually to renovate the constitution, by assisting Nature's efforts in correcting the vitiated state of the blood and humors, and by enabling her to expel by the proper emunctories, whatever she may find obnoxious to her.

## A S T H M A.



AN asthma is a disease of the lungs ; and as it often proceeds from a bad formation of the chest, or from the climate being wholly uncongenial to the patient's constitution, too great a reliance, when either of these are the cause, must not be placed on medicine. It is distinguished into the moist or dry, or the asthma with, or without expectoration ; in both kinds, the taking a cup or two of very strong coffee during a fit, and also using it every morning for breakfast, will be productive of the most salutary effects. Keeping the feet warm and dry, and the breast constantly covered with flannel, are indispensibly necessary. A Burgundy pitch plaister applied to the nape of the neck, and long continued, will prove of essential service.

When easterly winds prevail, the patient's walks should be under shelter of a wall or houses, possessing a south-west aspect. The west end of the town with such an aspect to the house, is to them a preferable residence to the east, as the  
easterly



easterly winds are somewhat tempered by the heat of the metropolis\*.

To the afflicted with the moist asthma, the use of the medicine No. 15, is recommended; and for those suffering under the dry, No. 16, both of which packets are accompanied with proper directions for the patient's management.

\* This precaution should also be observed by consumptive persons.

## D R O P S Y.

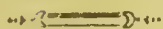


PERSONS afflicted with the dropsy, in whatever degree, should use every endeavor to brace the solids, encourage perspiration, and promote the discharge of urine: These objects will be best attained by exercise, by eating game sauced with garlic, onions, horseradish, mustard, &c. taking mustard whey at bed-time, and wearing flannel next the skin, and by mixing eight grains of powdered nitre in every gill of liquid that is drank; the patient should also drink as little as possible. Rhenish wine with water, and the nitre as above, is both proper and grateful.

A vomit, and brisk purges, are absolutely necessary. The packet No. 17, contains these, with other appropriate remedies, which, if the viscera are sound, cannot fail to effect a cure.

GRAVEL

## GRAVEL AND STONE.



PERSONS afflicted with, or having a predisposition to these disorders, should be particular careful not to retain their water, as such conduct will occasion the small concretions to lodge, and their size to increase, until they form a stone too large to pass the neck of the bladder; they ought also to wear flannel next the skin, with an additional bandage of the same round the loins; they should likewise abstain from spices, high seasoned dishes, and astringent liquors, such as red port, brandy, &c. Hollands, although spirits should be avoided if possible, will be found the least hurtful. Honey, where it agrees, used instead of sugar and butter, and mutton or veal broths, well thickened with turnips and parsley, will be found greatly to meliorate the symptoms. However, there are few disorders in which an early recourse to, and resolute perseverance in medicine, is more requisite; for when the stone has once lodged itself in the bladder or kidneys, it too frequently bids defiance to every effort of medical art. Acids and alkalies have been known alike to afford relief, and alike to prove unsuccessful.

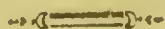
Greatly

Greatly powerful diuretics, and strong corrosive solvents, must, in a variety of instances by their forcing powers, increase inflammation, and add to the misery of the patient.

The medicines contained in the packet No. 18, will be found not only to afford relief and cure in the gravel, but also when taken in increased doses, agreeable to the directions given with it, will act as a benign and gradual solvent of the stone, whether lodged in the bladder or kidneys.



## RHEUMATISM.



THIS disease is distinguished into two kinds, namely, the acute, and chronic: those in the prime of life, are most subject to the former, and the more advanced to the latter. Keeping the feet dry, moderate exercise, and wearing flannel, are equally necessary in both.

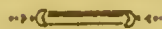
The acute rheumatism affects the joints, particularly when warm in bed, with violent pains and swelling, fever and inflammation being the general attendants.

The chronic rheumatism chiefly attacks the shoulders, back, loins, and hips, unattended by fever or inflammation.

The patient, therefore, must be attentive to these circumstances, the medicine No. 19, being particularly adapted to the cure of the acute rheumatism, and No. 20 to the cure of the chronic.

The concentrated opodeldoc No. 21, which may be had separate, will, by using agreeable to the directions given with it, be found of particular efficacy in removing rheumatic pains, whether acute or chronic : It is also an excellent preventive against, and certain cure for chilblains. It gives immediate relief in sprains and bruises ; and applied as a plaster to the breast or side, greatly mitigates the symptoms in asthma and pleurisy.

## G O U T.



THIS most painful disorder, which seems hitherto to have baffled the powers of medicine, is for the most part purchased by intemperance, and a general inattention to whatever concerns the health in the early periods of life. It is beyond doubt in the power of us all to preserve our several constitutions in general good condition. The head, the stomach, and the nerves, never fail to remind us when we offend them either by the quality or in the quantity of our food or drink; and we may depend also, that whatever over constricts, or whatever relaxes the stomach, that too hearty meals, or too long fasting, will alike occasion indigestion: This being caused, the humors become vitiated, the blood is denied its proper support, the glands are obstructed, and the due proportion which the several secretions and excretions should bear to each other, is destroyed; hence proceed gouts, dropfies, scrofulas, hysteric, hypochondriac, and nervous affections, palsies, &c. &c.

The gout is sometimes in part hereditary; I say in part, because I have rarely seen those who

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allow their habits to be predisposed to it, ever adopt the necessary precautions to avoid it; they in general lay it down as a maxim, that their parents being afflicted with it, it must be entailed on them, not considering that their own inattention and imprudence are of themselves sufficient to produce it.

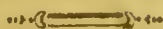
The medicine contained in the packet No. 22, is to be taken during the fit, and will be found gently to excite and keep up the necessary perspiration, to mitigate the pain, allay the inflammation, and prevent debility; also to favor its regularity, and shorten its duration.

The medicine contained in No. 23, must be taken during the intervals, and will, by mending the digestion, strengthening the nervous system, expelling crudities, and correcting the humors, not only tend to the prolonging the intervals, but will also on the return of the fit, render it more mild, more regular, and of shorter duration: These favorable circumstances occurring, will convince the patient of the necessity of persevering in the medicines till the cure is perfected, which may prove at a less distant period than expectation can infer.

VENEREAL



## VENEREAL DISEASE.



THIS dreadful disease has long been the scourge of the human race, and Proteus like, appears in so many shapes, as not only to upset the most ingenious theories, but at times to foil even sterling abilities, though aided by observation and practice. It is the punishment of a vice of which it may truly be said, “The sins of the father are visited upon the children unto the third and fourth generation.” How many gout, rheumatisms, scrofulas, scurvies, leprosy, diseased eyes, deafnesses, consumptive habits, rickets, mental and corporeal debilities, with their train of concomitant evils, are with justice to be suspected as the entailed portions of impure coition. Happy would it be for the rising generation, and for posterity, were the legislature to interfere, and adopt some plan to prevent the so general diffusion of this dreadful malady: this might in some measure be effected, by affording more employment to females. Female prostitution is at a height disgraceful to human nature; yet how horrid to see the lords of the creation (men) bend to the meanness and effeminacy of measur-

ing a yard of tape, ribbon or muslin, while many of the softer sex, to whom this office properly belongs, are toiling in the field, or earning their bread by labors and exertions to which their muscular powers are but illy adapted ; and how very many, totally unequal to such exertions, become victims to prostitution, because the avenues to suitable industry are blocked up, by men-milliners, men-mantua-makers, men-midwives, ladies' hair-dressers, stay-makers, &c. &c.

It is a pity that females have not a greater regard for the general welfare and dignity of character of their own sex. Would they make a point of employing each other, and of never purchasing at a shop, the counter duties of which are performed by men, where women only need be seen, they would to a certainty preserve numbers from destruction. It is surprising no one opens a shop on this plan : it could not fail to meet encouragement.

If this disease went no further than punishing the offenders, and entailed nothing of its calamities on posterity, any attempt to screen the vicious from its effects might be considered as a direct encouragement of the vice ; but as we have too many lamentable proofs of the contrary, it becomes

comes a duty we owe to the state, to ourselves, and to posterity, to use every means in our power for primarily destroying its virulence, and rendering it of more easy cure ; or what is still more desirable, for preventing, as far as possible, its being in any degree acquired.

To effect these important ends,

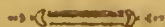
#### The PREVENTIVE PASTE, or No. 24,

Is recommended to all those whom imprudence may lead to promiscuous venereal pleasures, by the using of which, agreeable to the directions given with it, they will find as active and effectual a preventive, as it is in the power of medicine to bestow.

GONORRHÆA.



## GONORRHÆA.



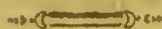
WHEN promiscuous intercourse is in a few days succeeded by a flux of virulent matter from the urethra, attended with pricking pain in making water, inflammation of the parts, &c. it is termed a gonorrhæa or clap, which, if neglected, or improperly treated, will inevitably become a pox.

An early application to the medicines contained in the packet No. 25, and a strict observance of the directions given with them (which directions are particularly clear and explicit), will to a certainty effect a cure, and that in as short a space of time as the existing virulence of the disease, and the future security of the patient, can possibly admit.

GLEET.



## G L E E T.

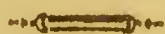


A gleet may proceed either from hurts received, from repeated gonorrhæas, or from ulcers in the urethra, occasioned by the venereal virus not being radically destroyed. In the two former cases, as they are entirely the effects of relaxation, astringent medicines and injections, aided by moderate exercise and the cold bath (when unsound viscera or other circumstances do not forbid it), will, by perseverance, effect a cure. In the latter case, mercurials must be resorted to.

Intoxication will often renew a gleet after it has been stopped some weeks.

The medicines contained in No. 26, will remove this disorder, when proceeding from relaxation; but must be assisted by No. 27, when a venereal taint is the cause, which may be known in a few weeks, by No. 26 not having the desired effect.

## LUES VENEREA, or POX.

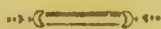


WHEN the venereal poison has entered the mass of blood, and mixed itself with every secretion, causing, according to its various degrees of virulence, chancres, indurated and moveable glands of the armpits, neck or groin, scabby eruptions on the body, and particularly about the roots of the hair, chopped lips, and ditto palms of the hands, ulcers of the throat, nodes on the shins, night pains, deafness and dimness of sight, &c. &c. it is called a confirmed lues or pox. To be relieved from this deplorable state, must be the earnest desire of every one who is more or less thus afflicted.

The pills No. 27, taken and persisted in agreeable to the directions given with them, cannot possibly fail, if there is the least stamina remaining to act on, of effectually subduing and conquering the venereal virus, and of ultimately conferring on the patient the blessings of a renovated and sound constitution.

SCURVY

## SCURVY and SCORBUTIC ERUPTIONS.



THE sea scurvy being always eradicated by the patient coming on shore and enjoying the produce of the earth, it would be superfluous to comment on it here. But we find most natives of this country to possess the idea, that their constitutions are more or less predisposed to land scurvy, and very many instances daily occur to favor the conjecture. How necessary then for parents, and those who have the management of children and youths, to be studiously careful that, during infancy, they are kept dry and clean, wholesomely fed, and well nursed; and as they grow up, that they enjoy free air and exercise, are kindly treated, that their tempers may not become morose, or their spirits broke, that they use a due proportion of vegetables with their meat, and are not suffered to eat over hearty, or fast over long. Butter, rich gravies, spices and spirits, may be ranked as slow poisons. The food should be simple, yet of a proper degree of nourishment. Poor or high living will alike vitiate the blood and humors, and alike call forth into action the latent seeds of this disorder: the me-

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dium must be pursued.—It will preserve a good constitution, and mend a bad one.

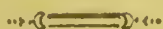
On the first appearance of this disease, I know nothing that will sooner check its progress, and even eradicate it, than sucking the juice of five or six Seville oranges every day, for the space of two or three months.

When the scurvy has acquired a certain degree of malignity, occasioning stinking breath, rotten gums, livid spots, scaly eruptions, and foul ulcers, accompanied by a wasting and general debility, it is difficult of cure. Much depends on the patient, as well as the medicine: they must unite their efforts. The mode to effect this, is described in the directions given with the powders, No. 28, which may be taken with the greatest safety in every stage of this disorder; and where medicine can possibly effect a cure, the patient may, from their use, indulge with confidence the hopes of attaining it.

SCROPHULA,



## SCROPHULA, or KING'S EVIL.



THIS disorder is frequently hereditary, and in general proves obstinate and difficult of cure. However, taken early, it has been known to yield to medicine, when strenuously assisted by regimen; and in most stages, these combined, will check its progress and alleviate its symptoms. Temperate living (or the observing the true medium between luxury and abstinence), cleanliness, and moderate exercise, joined to a cheerful mind and confidence in the means pursued, cannot fail to accelerate the purposes aimed at. Salt water used internally and externally, has at times justified its commendation; so has the free use of Seville orange juice; and in some cases\*, where every other means have failed, mercury, judiciously administered, has proved of the greatest benefit.

The powders No. 29 will be found of great benefit in scrophulous habits, their properties being to soften and discuss indurations of the glands, to remove those inflammations of the

In such cases, no preparation can exceed the pills No. 27, taking one every night, in addition to the powders.

eyes, so common in this disease, and to abundantly carry off the peccant humors by insensible perspiration ; but while the medicine is thus assisting nature, the food and drink must be such as will replenish the system with good blood and juices ; for it is only by this change taking place, that a perfect cure can rationally be expected.

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## C A N C E R.

ALTHOUGH this disorder frequently baffles every power of medicine, yet when an early application to the knife is neglected, or the patient is determined against its use, something should be attempted ; and what can be effected by medicine, either in alleviating the symptoms, or assisting nature in perfecting a cure, will be experienced by taking the pills and powders contained in the packet No. 30.

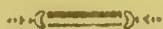
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## WHITE SWELLING.

THE ointment No. 31, used agreeable to the directions given with it, has frequently been successful in discussing those strumous swellings of the joints, called white swellings, and also in dispersing glandular swellings in general.

## APPENDIX.

## APPENDIX.

*Cream of Tartar Drink.*

TAKE a quarter of an ounce of crystals of tartar in powder, and about the fourth of that quantity of the outer yellow rind of fresh lemons; put them in a covered stone vessel; pour on them a quart of boiling water; when cold, strain off the clear for use: it may be sweetened at pleasure.

*Simple Infusion of the Red Rose.*

TAKE half an ounce of dried red roses; put them in a covered stone vessel, and pour on them a quart of boiling water; then add two tea spoonfuls of the diluted vitriolic acid; when cold, strain for use: it may be sweetened at pleasure.

*Infusion of the Red Rose, with Orange Peel.*

TAKE of red roses and Seville orange peel, dried, each half an ounce; put them in a covered  
stone

stone vessel; pour on them a pint and half of boiling water, and then add two tea spoonfuls of the diluted vitriolic acid; when cold, strain for use: it may be sweetened at pleasure.

*Infusion of Ginger and Orange Peel.*

TAKE of dried Seville orange peel, an ounce and half, sliced ginger half an ounce, boiling water, one quart; infuse as above, and sweeten at pleasure.

*Cold Infusion of the Yellow Bark.*

TAKE an ounce and half of the powder of yellow bark, and half an ounce of dried Seville orange peel; put them in a covered stone vessel; infuse them in a quart of cold soft water for twenty-four hours; strain off the clear for use, and sweeten at pleasure.

*Infusion of the Seeds of Brown and White Mustard.*

TAKE of the seeds of brown and white mustard, each an ounce, boiling water, one quart; infuse in a covered stone vessel till cold; then strain for use: it may be sweetened at pleasure.



*Tar Water.*

STIR two pounds of common tar in a gallon of boiling water: this, for external use, may be heated again several times.

When tar water is intended for internal use, it should be carefully filtered, otherwise it will offend the stomach.

*Peruvian Chalybeate Wine.*

TAKE of filings of iron, two ounces, rhenish wine, three pints; mix them in a bottle, and let it stand in a moderate warm place for a fortnight, shaking it well every day; then add an ounce and half of the yellow bark, grossly powdered, and half an ounce of dried Seville orange peel; after digesting another fortnight, filter off the clear for use.

*Mustard Whey.*

TAKE of white mustard seed, well bruised, one ounce, milk, a quart; simmer them gently till it curds, and strain off the whey for use.

*Alum*

*Alum Whey.*

SIMMER half an ounce of powder of Roman alum, as above, and strain off the whey for use.

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*Directions for dividing the Doses of Medicines.*

BETWEEN the ages of 14 and 20, take two thirds of the full dose.

9 and 14, one half ditto

6 and 9, one third

4 and 6, one quarter

2 and 4, one sixth.

Under 2, a tenth or twelfth part, according to age and strength.

Weekly, full grown persons, should take only two thirds of a full dose; they may readily take the remainder in an hour after, if they find themselves able to bear it.—This maxim holds good with weakly habits of every age.

The doses are all for grown persons of moderate stamina, except where the contrary is particularly mentioned.



